



Walking Through Grief

Overview of the message:

Chris opened up the story from 2 Samuel 12:16-23 where David loses his baby son to look at how we can handle grief when we encounter it in our own lives. Although in many ways the situation was very different from what we've faced these last weeks in Gateway, there are some things we can learn:

1. v16, 17 - **It's right to grieve.** We will all express grief differently. We shouldn't try to avoid it – it's healthy to express it.
2. v18 - Although **we don't understand** why we go through suffering, but we know that **God will use it for good.** Ultimately we'll only know fully in eternity, but we can be confident of God's goodness.
3. v19 – **Don't withdraw.** We can be afraid about how to talk to people who are grieving, but we shouldn't let this fear stop us from being close to them and loving them.
4. v20 – **It's right to worship God, even in the midst of grief.** We can be honest with God about how we feel, and yet still worship Him – e.g. Psalm 77.
5. v21-23 – **When people die we can entrust them to God's care.** 1 Thess 4:13,14 – we don't grieve as the world grieves, because Jesus has defeated death, so when people die there is hope.

Questions

1. As a larger group, or in small groups if you'd prefer: discuss how you found the truths expressed in the sermon on Sunday. Did anything help you? Did you find anything difficult? How are you encouraging your soul with these truths?
2. In 3s: take the opportunity to share your experience of grief or loss. This may be related to the Mullen family or your own experiences from the past. Be courageous and try to share how you're feeling right now.
3. Continue in 3s and pray for one another.
4. Take some time to worship together as a group. This could be through singing, through reading Psalms, through praying out in worship or something else. Try to make it something that most people can engage in and help them focus on God.